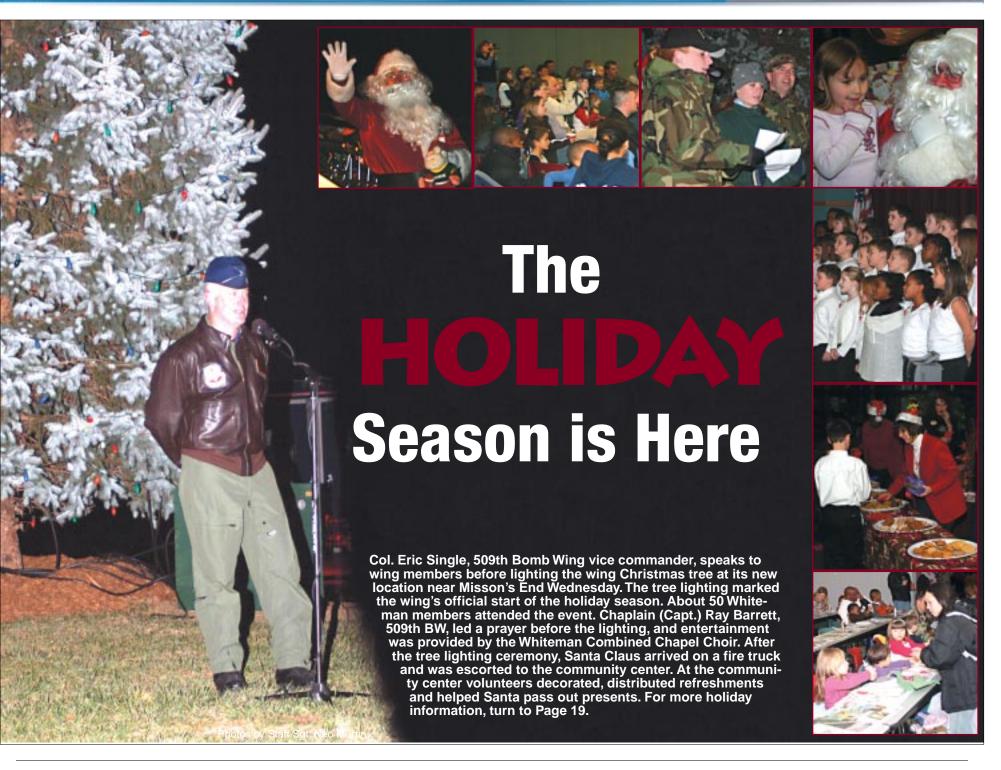


SPIRIT TIMES

Whiteman Air Force Base, Mo. www.whiteman.af.mil

No. 47 Volume 43 FRIDAY, DEC. 2, 2005



Maintaining excellence: Wing shines during LSET inspection

By 2nd Lt. Mary Olsen Public Affairs

The 509th Bomb Wing participated in a Logistics Standardization and Evaluation Team inspection Nov. 14-18.

The purpose of the LSET is to ensure compliance with applicable Air Force and command guidance, identify challenges to take back to the Air Combat Command staff as action items for resolution and provide training for the unit, said Lt. Col. Kevin Fitch, LSET team chief.

Colonel Fitch said the inspection showed the wing is effectively supporting the B-2 mission.

"The 509th Maintenance Group continues to deliver safe and reliable aircraft for a very demanding flying hour program despite the challenges of maintaining cutting edge, low-observable technology, Colonel Fitch said. "The 509th Logistics

Readiness Squadron is providing excellent logistics support to all their customers across Whiteman."

The team identified several honorable mentions. Three fell within the 509th MXG: the 10-Year Facilities Plan, the Security Management Program and the Quality Assurance Order Distribution Officer Database. The team identified one honorable mention from the 509th Mission Support Group: the Vehicle Management

Training Program.

The professional maintainers and logisticians of the 509th BW and 72nd TES, supporting one of the Air Force's most complex weapons systems, are successfully projecting airpower around the world, Colonel Fitch said.

The inspectors also recognized a number of participants during the Logistics

See LSET, Page 4

- Inside -

SFS Airmen earn Army medal



Base honors



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Family Album:

Base welcomes newest team members.

■ Page 17



Holiday info:

Wrap your gifts and eat well.

■ Page 19



■ Page 3

SPIRIT TIMES

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The deadline for article submissions to the *Spirit*

The deadline for article submissions to the *Spirit Times* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission does not guarantee publication.

For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111

Whiteman AFB, Mo. 65305

Air Force Quiz

What is an M291 and what does it

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work Before calling the 9er Line, try to resolve your problem with the responsible base agency. If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7 Call the Whiteman Help Hotline: 866-395-4357

weapons. gloves, personal equipment and logical and liquid agents from the surface of skin, clothing, masks, is capable of decontaminating bio-M291 ia a skin decontamination kit. It

Air Force Quiz answer

ACC commander's Goals and key messages and Afghanistan operations

The Air Dominance **Imperative**

- Air Dominance is not an extravagance — it is integral to our national security
- Our mastery of air, space and information is America's asymmetric advantage

le are America's force of first and last resort

- We provide a full array of politically viable options to the president
- We make global access and information operations for joint military operations
- We bring decisive combat effects for the joint warfighter

Global vigilance, reach and power that is responsive, persistent and precise

- **■** Enduring nuclear deterrence and space-based capabilities
- ◆ Intercontinental Ballistic Missile force on constant alert 45 years and counting
- ♦ Continual satellite missile warning for 40 years
- Global positioning satellite precision timing and navigation for 15 years
- **■** Full-time expeditionary combat readiness engaged for 15 years running
- ♦ Iraq: Desert Shield, Desert

Storm, Northern Watch and Southern Watch

- Bosnia and Kosovo: Deliberate Force and Allied Force
- ♦ GWOT: Enduring Freedom, Iraqi Freedom
- ♦ Homeland Defense: Noble Eagle

The sun never sets on **America's Airmen**

- 30,000 deployed worldwide
- 20,000 Airmen supporting Operations Enduring Freedom and Iraqi Freedom
- More than 400 aircraft deployed worldwide
- ◆ 250 sorties per day in Southwest Asia

THE

◆ Eight predator orbits over Iraa

and Afghanistan operations 24 hours per day

■ Humanitarian assistance and disaster relief

- ♦ Hurricane hunters and response: Katrina, Rita and
- ♦ Fighting forest fires in the Western United States
- ♦ International impact: tsunami, famine and earthquake response

■ More than 3,000 Airmen supporting ground operations in Iraq and Afghanistan

- Providing convoy drivers, security, communications, weather, medical, fuel technicians, logistics, civil engineering and base operating support
- ♦ Increased C-130 and C-17 transports to reduce convoy requirement in Iraq

Ten points: preserving America's air dominance

- Aircraft Sustainment and Procurement are critical to winning the global war on terrorism and building a fleet relevant for combat operations in 30 years
- Current average age of the fleet is 21.2 years (fighters 16.9, bombers 24.1, and ISR platforms 27.6 years)
- Since 2001, F-117s and B-52s have experienced a 10 percent reduction in Fully Mission Capable rates, and the A-10, B-1, E-3, and F-117s experienced a 20 percent increase in maintenance
- As of today, 31 percent of our fleet operates with training restrictions that limit airspeed, G load and maneuvers
- Both the A-10 and F-16 fleets are in Service Life Extension Programs; this increases our reliance on depot maintenance and reduces the availability of aircraft to operational units for extended periods
- F/A-22 Raptor is ACC's top acquisition priority to meet national security objectives. We need a minimum of 381 stealthy, networked F/A-22s with air-to-air; Intelligence, Surveillance, and Reconnaissance; and air-to-ground capabilities to provide continued air dominance and global access

- Current procurement plan of only 177 Raptors is half of the number requested by Central Command and Pacific Command for combat operations

- The cost per unit is \$110 million versus \$90 million for new multi-role F-15 - During its recent deployment, F/A-22

successfully delivered 22 of 24 Joint Direct Attack Munitions — on track for Initial Operational Capability in December 2005

F-35 Joint Strike Fighter is an affordable multinational, multirole fighter, complementary to the F/A-22, with robust air-toground capabilities

- Senate considering \$270 million cut to JSF developmental funding five percent reduction to total

program fiscal year 2006 - House considering \$152 million cut

to low-rate production — delays contractor and subcontractor buildup, slips delivery of five JSFs.

Joint Air-to-Surface Standoff Missile provides global access to airspace protected by advanced Surface-to-Air-Missile systems

- More than 200 nautical miles range — four to six times the standoff of current weapons inventory

- JASSM will replace the conventional air launched cruise missile inventory

Facility Recapitalization is restoring, modernizing and replacing our existing infrastructure to support future missions

\$60 million in cuts to peacetime operations and maintenance in March 2005 limited base support; funds reinserted at end of fiscal year 2005

- Fiscal year 2006 recap funding is 32 percent of requirement - shortfall of \$220 million

- Distributed Mission Operations is critical to Air Force readiness and is the cornerstone of Air Force training transformation in accordance with OSD-directed Joint National Training Capability initiatives
- Proposed \$41.9 million cut to DMO program; because Air Force also used flying hour program funds to grow DMO, the Air Force would be double taxed with cuts to DMO and the flying hour program

In Joint Red Flag 2005, we trained nearly 10,000 people at over 40 locations; only 10 percent of the missions were live -90 percent were virtual and constructive

- Without DMO, we lose initial and mission qualification training, combat readiness and have fewer rehearsals of large force employment before combat operations

Flying Hour Program — ACC cut \$351 million or 41,613 flying hours to cover must-pay bills in May 2005

Bulk of cuts passed on to 30 (of 34) units not on deck for Air and Space Expeditionary Force deployments affected units lost 60 percent of their remaining FHP

ACC units reported a decrease in readiness as a result of fewer training sorties

- Even after flying hours were restored in June, affected units reported training requirements and flying upgrades were delayed by three months

Operation NOBLE EAGLE — ACC aircrew fly air patrols over U.S. cities in

support of homeland defense
- Fiscal year 2005 budget of \$2 billion did not cover \$1 billion of Air Force GWOT requirements, including ONE; ACC sourced \$106 million of the costs from peacetime O and M

 ONE sorties are three times longer than training missions — every ONE sortie the cost is two training sorties worth of experience and \$20 thousand

3,327 Airmen are serving overseas performing U.S. Army missions projected at 10,000 by 2007
- ACC first and second-term retention

decreased by 19 percent and 30 percent respectively, from 2004 to 2005

STATES OF AMERICA - The Air Force has manning shortfalls in 14 stressed Air Force Specialty Codes
The Predator Remotely Piloted Aircraft is postured for Future

Total Force mission growth

H

- The joint warfighters' global requirement for ISR is estimated at 61 full-time orbits; currently, three active duty squadrons provide eight full time orbits, and we are expanding to 15 squadrons to provide 34 orbits by fiscal year 2010

- Twelve orbits planned by fiscal year 2006; the multi-aircraft control will allow a single pilot to simultaneously operate four independent Predators and leverage this capability

Must concurrently resource processing, exploitation, and dissemination capabilities to realize its full functionality and employment capacity (Courtesy of Air Combat Command)

Newsline

Pictures with Santa

Santa will be available 9-11 a.m. today and 10 a.m.-1 p.m. Saturday at the family support center for pictures. Children can talk with Santa and get special food for his reindeer.

Parents can bring personal cameras and camcorders to capture the moment. Reservations are not required.

AADD volunteers needed

Whiteman members interested in joining Airmen Against Drunk Driving can attend a training class 3:30 p.m. today or 3:30 p.m. Dec. 9 at the medical clinic, room 1212.

The class normally lasts 20-30 minutes and those interested are encouraged to R.S.V.P.

For more information, contact Staff Sgt. Paul Hankins, 509th Medical Operations Squadron, at 687-4891.

Christmas parade in Sedalia

There will be a Christmas parade 10 a.m. Saturday in Sedalia.

The parade will feature Santa, more than 40 floats prepared by churches, civic clubs, businesses and youth groups, and nine bands will provide plenty of holiday spirit.

There will also be nearly 200 entries lining the streets of historic downtown Sedalia.

The parade begins at the intersection of West Seventh Street and South Ohio Ave., and proceeds north to Main Street and then turns left on West Main Street to Kentucky where the parade ends.

WESC garden spinners

The Whiteman Enlisted Spouses' Club will be taking orders for garden spinners until Monday. The spinners include B-2s and every imaginable shape.

For more details, contact Kris Bailie at 563-5243 or Jennifer Phillips at 563-4091.

Education opportunity

A representative from Central Missouri State University will hold two meetings 9:30 a.m. and 1:30 p.m. Thursday at the education center, Bldg. 145.

The meetings will present information on their bachelor of science in education degree and their alternative certification program for teachers.

Space is limited, so call 687-5750 for reservations.

ALS retreat

The next Airman Leadership School sponsored wing retreat ceremony will be 4 p.m. Dec. 9, at the base flag pole outside Bldg. 509.

Briefing rescheduled

Due to a high demand in pre-deployment briefings, the briefings will be held from 1 p.m.-2 p.m. Mondays, Wednesdays and Fridays through Dec. 16.

No appointments are necessary. Spouses are encouraged to attend.

For more details, call Tech. Sgt. Karen Simpson at 687-7132.

Base members interested in submitting to the Newsline section must send information to spirit.times@whiteman.af.mil Noon the Friday before desired publication. Submission does not guarantee publication.

SFS Airmen awarded Army medals

By 2nd Lt. Candace Cutrufo

Public Affairs

Two Airmen from the 509th Security Forces Squadron received Army Commendation medals for their actions while deployed in support of Operation Iraqi Freedom from September 2004 to March 2005.

Capt. Peter Lex and Master Sgt. Richard Stephens distinguished themselves by outstanding service during a time of hostilities in the 407th Expeditionary Security Forces Squadron, Ali Base, Iraq. The base is the largest in a combat zone being guarded solely by Air Force security forces troops.

troops.

"This award speaks volumes for the men and women of the 509th SFS and our ability to project a different type of combat force from Whiteman around the world," said Lt. Col. Charles Douglass, 509th SFS commander. "Our troops did a superb job outside and inside the fence in keeping terroists away from Ali Base."

A captain's courage

Among the award's citations was Captain Lex's interview of an Iraqi citizen that led to the recovery of more than 600 munitions located adjacent to the base. They were the same type used in building improvised explosive devices.

A local man, who was part of a work crew that was rebuilding a road, told Captain Lex he discovered hundreds of munitions while digging up the ground near base.

"To know our folks found such a large number of munitions and were able to get them off the streets makes you feel pretty good," said Captain Lex, who served as a security forces intelligence officer.

The captain also provided quick, lifesaving first aid to an Iraqi youth who was shot while trying to steal from a man guarding the installation's incoming source of water.

Captain Lex said the scene was chaotic and he had to change the inadequate dressing of the juvenile's wound.

"The bandage looked like it was a torn piece of cloth and smelled like it was soaked in mouthwash," he said. "There was a bullet hole that went through both sides of his arm and he just kept bleeding."

The captain and his team stopped the bleeding with a compression bandage, put in an intravenous needle and stabilized the teenager.

Captain Lex's deployment superiors said he was "the best ever seen in a combat role."

A sergeant's service

Master Sgt. Richard Stephens earned the Army Commendation medal for his outstanding service in the 407th ESFS as NCO in charge of the Visitor Control Center.

Sergeant Stephens streamlined a base entry system, reducing daily processing time by 60 percent. His detailed inspections prevented nearly 300 concealed weapons from entering the base.

His aid in investigating a local man directly led to the seizure and destruction of a nearby weapons cache that contained more than 450 weapons.

"We took out some weapons that could have taken out some of our troops," Sergeant Stephens said. Sergeant Stephens also responded to the scene when an off-base convoy of contractors was ambushed. He directed first-aid measures that stabilized a man who was critically injured by a gunshot wound and suffering from shock.

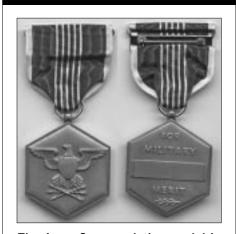
The scene was a chaotic and bloody one, requiring the quick response and cool head of the sergeant.

"Training kicked in, and we got the job done," he said.

Though the incident was unfortunate, Sergeant Stephens said he was glad he could be there to help.

"It was satisfying to put to work the valuable training we've received for many, many years," he said.

Fast Fact



The Army Commendation medal is awarded to servicemembers who, while serving in any capacity with the Army after Dec. 6, 1941, distinguished themselves by heroism, meritorious achievement or service.

Giving thanks



Photo by 2nd Lt. Megan Davenport

Col. Bob Wheeler, 509th Operations Group commander, serves Whiteman members a Thanksgiving meal Nov. 24, at the Ozark Inn dining facility. Colonel Wheeler was one of many Whiteman leaders who served more than 140 military members, retirees and their families.

Wing promotees honored

Team Whiteman recognized 71 promo-Thursday at Mission's End. They are:



AIRMEN

Brian Smith, 509th Operations Support Squadron

Tonya Von Thun, 509th Services Squadron



AIRMEN 1ST CLASS

Ashley Spicer, 509th Communications Squadron

Brian Haverkamp and Anthony Hall, 509th Logistics Readiness Squadron **Brett Simmons** and **Steven Long**, 509th Maintenance Squadron Brandon Floersch and

Edward Ranowiecki, 509th Munitions Squadron Christine Mendez, Jesse Sanchez, Matthew Gardner and Tracy Willden,

509th OSS **Claudia Garcia**, 509th Security Forces Squadron



SENIOR AIRMEN

Andrew Schumacher, Chrisma Lopes VI, Jeffrey Carlson,

Jeffrey Longo, Michael Hafkey Jr. Scott Kures and Xavier Durham, 509th Aircraft Maintenance Squadron

Amy Bowden, 509th Bomb Wing

Andrea Coombs, Justin Guertin, Micah Moore and Robinson Ferdinand,

509th Civil Engineer Squadron Amber Gazaway, Andrew Mumpower,

Kenneth Butler Jr. and Liset Estrada, 509th CS Amanda Russell, Jose Rios Jr. and

Justina Andry, 509th LRS

Anthony Washington, Argeniz Larios, Jason Ashcraft and Kelvin Lipscomb,

509th MXS David Salley,

509th Medical Operations Squadron **Hazel Towns**,

509th Mission Support Squadon Adrian Reister and Mark Badger, 509th MUNS



STAFF SERGEANTS

Brandon Holland and **Brandon Innis,** 509th AMXS

Joseph Baltz, Amber Brown and Kenneth Westrum,

509th CES

Yamilet Kerezsi and Ryan Walsh 509th CS

Tiffany Prophet,

509th Comptrollers Squadron Jennifer Priebe,

509th LRS

Shelly Bowden,

509th Maintenance Group

Derrick Junge,

Lawrence Sink III and Joshua Smith, 509th Maintenance Operations Squadron William Smith,

509th OSS

Brandon Geeslin, 509th SFS

Thomas Casey Jr. 72nd Test and Evaluation Squadron



TECHNICAL SERGEANTS

Barbara Smith, 509th CES Michelle Long

509th Medical Operations Squadron Jake Bolton and Anthony Ross, 509th SFS



MASTER SERGEANTS

Stewart Reiter and Darrin Tobias 509th AMXS James Leonard,

509th Medical Operations Squadron Edward Perreault, Tony Piper and Steven Porter,

509th SFS



SENIOR MASTER SERGEANTS

Roy Person and William Vance 509th AMXS Vincent Marler,

509th OSS Samuel Hynes, 509th SFS

LSET, from Page 1 -

Standardization and Evaluation Team inspection.

509th Maintenance Group

1st Lt. Bruce Nester.

Master Sgts. Mark Maimer, Jeffrey Nelson, Alvin Bender, Scott Lique, David Per-aud and Bertram Chew, Tech. Sgts. Kellie Duffendack, Timothy Maher, Andrew Chocha, Richard Clark, Darron Hunter, Michael Lukesh, Mona Wendzillo, April Boone, John Frisbee, Todd Holbert, Robert Krayer, Royce Moore, Paul Treece, John Rubin, Melissa Sprague, Michael Vanamburgh and Victor Vicuna.

Staff Sgts. Eric Collins, Timothy Lockard, Michael Taylor, Andrew Earll, Ronald Brooks, Jacob Brown, Brian Ellison, Clinton Berry, Ronald Jacobs, Jonathon Neubauer, Charles Taylor, Rosalind Walls, Trandin Watkins, Bradley Coombs, Jeremy Graviett, Jeffrey Nelson and Walter Swan II.

Senior Airmen Neal Rooney, Christina Curran, Dominic Castro, Tommy Colvin, Corey Curl, Travis Geiger, Theresa Mozzillo, Brandon Kane, David Logue and Kimberley White

Airmen 1st Class Richard Maurer, Jonathan Patterson, Bruce Vaughn, Cameron Pierce and Dustin Sigmon. Amn. Michael Doss.

509th Mission Support Group

Mai. Keith Justice.

2nd Lts. Travis Hill and Marie Martin.

Master Sgt. Charles Lawber. Tech. Sgts. Richard Barker, David Cotrell, Bryon Curry, Eric Espowe, Allison Korzun, Terrance Oglesby, Beau Parker, Shayne Pederson, Wesley Rincker, Christo-pher Steger and Jeffrey Willming.

Staff Sgts. Craig Beare, Christy Erler, Shawna Espowe, Michael Freiwald, Shawn

Sheffield and Tara White. Senior Airmen Nathan McGowan and

Anna Mills. Airmen 1st Class Mary Bauzon, Buck Beamon, Matthew Manfredi and Ronald Reyome.

Amn. Jorge Newman.

Civilians Christopher Courter, Lloyd Dunn, Ronald Hawkins, Eileen Hawkins, Tommy Martin and Timothy Alm.

72nd Test and Evaluation Squadron

Master Sgt. Scott Divish and Tech. Sgt. David Burges.

WHITEMAN AIR FORCE BASE

A 50-year namesake

Saturday marks the 50th anniversary of Whiteman Air Force Base's assumption of its namesake.

When the Japanese attacked Pearl Harbor, Dec. 7, 1941, 2nd Lt. George A. Whiteman, a young native of Pettis County, Mo., managed to get to his P-40B aircraft.

He had just lifted off the runway when a burst of enemy gunfire hit his cockpit, wounding him and throwing his plane out of control.

The plane crashed and burned just off the end of the runway.

For his gallantry that day, Lieutenant Whiteman was posthumously awarded the Silver Star, the Asiatic-Pacific campaign

medal with one bronze service star, and the Purple Heart.

Another honor was bestowed on Lieutenant Whiteman 14 years after his death. On Aug. 24, 1955, Gen. Nathan Twining, then Chief of Staff of the U.S. Air Force, informed Earlie Whiteman that the recently reopened Sedalia AFB would be renamed Whiteman AFB in tribute to her son.

She was asked to keep the selection a secret until the official announcement and name change Oct. 1, 1955.

The dedication and renaming of Whiteman Air Force Base took place Dec. 3, 1955.

Among those paying tribute to the fallen flyer were members of his family, Missouri

U.S. Senator Stuart Symington, Maj. Gen. Francis Griswold, Strategic Air Command vice commander, and Maj. Gen. Walter Sweeney, Eighth Air Force commander.

At the ceremony, Julian Bagby, then mayor of Sedalia, presented Mrs. Whiteman with a portrait of her son based upon the photo of him in the cockpit of his plane.

A flyover of aircraft and a ground review of the troops was scheduled for the ceremony but canceled due to inclement weather. (Courtesy of the 509th Bomb Wing History Office)



A glance at history

Oct. 12, 1919- Bearge Whitemen is born in Pettis County, Mo. Dec. 7, 1941- 2nd Lt. George Whitemen dies during the Japanese attack on Pearl Harbor, Hawaii.

Sept. 18, 1947- The U.S. Air Force is created as a separate and equal branch of the U.S. Armed Forces Dec. 3, 1955- Dedication ceremonies for the official renaming of Sadelia AFB to Whiteman AFB were conducted. March 24, 1999- in the first combat use of the 8-2 bombers, two 8-2s dropped 32 2,000-pound Joint Direct Attack Munitions on targets in the Former Republic of Yugoslavia in support of NATO's Operation-Allied Force/Noble Anvil.

Nov. 15, 1940- 2nd Lt. George Whiteman was commissioned in the Army Corp Reserves. Aug. 5, 1942- Sedalia Glider Base officially opens and is renamed Sedalia Army Air Field, Nov. 12. Aug. I, 1951- Sedalia Air Force Auxiliary Field became known as Sedalia Air Force Base. Dec. 17, 1993- The first 6-2, The Spirit of Missouri, arrived at Whiteman. Dec: 17, 2003- The 8th Air Force commander, Lt. Gen. Bruce Carlson announced the B-2 was now fully operational capable.



Need a

It's on your desktop

By David Duffer

509th Civil Engineer Squadron

A new map service is available for all Whiteman members with access to the Intranet. The new service is made available through the Whiteman GeoBase office in the 509th Civil Engineer Squadron.

GeoBase is a relatively new initiative that translates to "One base – one map."

The GeoBase office is tasked with maintaining the base map, aerial photography and related databases and making that information available to any entity needing to access or reference this information.

Locally, the new service can be accessed by going to https://wwwmil.whiteman. af.mil then selecting "Intranet" under the



GeoBase is a new way to view Whiteman.

Map?

"WAFB Only" heading, then selecting "GeoBase."

When prompted for a logon, use your everyday Whiteman network user name and password.

Once logged in, members can find out more of what GeoBase offers, such as a series of pre-made maps.

The general map allows you to view the current aerial photography while other maps include the utilities infrastructure and contour elevation lines.

On the right side of the screen is a list of "layers," which can be turned on and off in the view.

At the bottom of this list is the 2004 Aerial Photography that includes a one mile perimeter around the base.

At the top of the page preceding the actual map is a link to some geoviewer tool tips that can guide users on the use of the tools associated with the icons on the left side of the map.

These icons allow users to move around

These icons allow users to move around on the map, add text, do buffer areas, measure, print and save the map the way users want it.

At top center of the map window is a link that will allow users to view a map of any Air Combat Command base.

Users can select the base they want to view and will be routed to the Air Force Portal and then allowed to view the other

bases.
Whiteman members that have a special map requirement or would like to learn how GeoBase can help in their job, contact Dave Duffer or Michael Gawedzinski, 509th CES, at 687-6277 or 687-7488.

Got FOD?



Photo by Airman 1st Class Jason Burton

Whiteman members are reminded to conduct proper foreign object debris checks every time prior to entering the flightline. Any driver and possibly passengers caught not performing a FOD check will lose their Air Force Form 483, Certificate of Competency. The only exceptions are emergency vehicles responding to an emergency. Also, flight line drivers need to use proper phraseology when communicating with the control tower. Drivers are required to read back all instructions from the tower and are not allowed to respond using "roger or copy." Using the wrong phraseology is a flight line driving violation and can result in a member losing their driving privileges.



Whiteman Base Exchange holiday hours

Monday and Sunday Tuesday-Saturday Christmas Eve Christmas Day New Year's Eve New Year's Day

11 a.m. - 6 p.m.

10 a.m.-7 p.m. 10 a.m.-8 p.m. 10 a.m. -6.p.m. Closed 11 a.m.-5 p.m.

Sunday

- 509th Civil Engineer Squadron

booster club

Today

10 a.m. - 2:30 p.m. - Company Grade Officers Association 2:30-7 p.m.

- Missouri Army National Guard

Saturday

10 a.m. - 2:30 p.m.

- 509th Operations Support Squadron 2:30- 7 p.m. B-2 club - Whiteman Enlisted Spouses' Club

Monday

10 a.m. - 2:30 p.m.

- 509th Logistics Readiness Squadron

2:30- 7 p.m.

- Girl Scout Troop 658 2:30- 7 p.m.

Tuesday

booster club 10 a.m. - 2:30 p.m.

- 509th Chiefs' Group

- 509th Mission Support Squadron

Thursday

Wednesday

- 509th Aircraft Maintenance Squadron

10 a.m. - 2:30 p.m. Squadron booster club

2:30-7 p.m. Enlisted Spouses' Club

Dec 9

10 a.m. - 2:30 p.m.
- 509th Munitions Squadron booster club 2:30-7 p.m. - Whiteman Airmen's Council

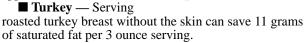
Eat well this season

Seven tips for a healthy holiday

■ Gravy — Refrigerate the gravy to harden the fat. Skim the fat off. This will save up to 56 grams of fat per cup.

■ **Dressing** — Use a little less bread and add more onions, garlic, celery and vegetables. Add fruits such as cranberries or apples.

Moisten or flavor with low-fat, low-sodium chicken or vegetable broth and applesauce.



- Green bean casserole Cook fresh green beans with chucks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- Mashed potatoes Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.
- Quick holiday nog Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, onequarter teaspoon rum extract and ground nutmeg.

Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.

■ **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce or a sprinkle of powdered sugar instead of fattening frosting.

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you. (Information courtesy of the Health and Wellness Center)





EVENTS/MORALE

Team Whiteman Community

Legal assistance available

Airmen can stop by the legal office for wills, powers of attorney and other legal documents. The legal office legal assistance hours are 8-10 a.m. Mondays and Tuesdays and 1-3 p.m. Wednesdays and Thursdays. Pow-

ers of attorney and notary service is available 7:30 a.m.-4:30 p.m. on weekdays. For more details, call the legal office at 687-6809

Last day to donate cell phones

Survival House, a shelter in Warrensburg for battered woman and children, needs your old cell

phones. The cell phones do not need to be in working order and they do not need the chargers or any other acces-

Phones that are no longer working are turned into a company that pays the shelter \$25 per phone and those that do work are given to people in dangerous situations for placing 911 calls. The shelter uses the money they receive for the phones to buy necessities for the families living there, such as food, clothing and personal items.

If you would like to donate old phones, contact Staff Sgt. Cathy Coats at 687-5451 by close of business today. The phones will be turned over to the Whiteman Tier 2 for presentation to the shelter.

Tier 2 prepares for election

The Whiteman Tier 2 will vote for its new officers 3 p.m. at the Tuesday meeting at Missions's End.

Staff and technical sergeants interested in running for office, or people who know someone who would make a good officer for the Tier 2, please e-mail their name to tammy.klonowski@whiteman.af.mil.

Events page available on the Web

The 509th Communications Squadron Network Control Center has posted an events bulletin on the Web at https://intranet/509BW/Events-Board/bulletin.asp.

Team Whiteman members can post base events and information on the page by contacting their unit's point of contact listed on https://intranet/509BW/Events-Board/ bulletin.asp.

ALS class 06-B graduation dinner

The Whiteman Airman Leadership School Class 06-B's graduation ceremony will be 6 p.m. Dec. 16 at Mission's

The social begins at 5:30 p.m. and the guest speaker is the U.S. Strategic Command, Command First Sergeant, Chief Master Sergeant Mark Clark.

The graduation menu will be mixed greens with ranch dressing, London broil with bordelaise, rustic mashed potatoes, glazed carrots and mini French silk pies.

The cost is \$15.95 for members and \$17.95 for non-mem-

The uniform is mess dress/semi-formal for military and coat and tie for civilians.

Please see a member of class 06-B to sign up. Join us in celebrating class 06-B's accomplishments!

Clip and Save:

When the weather turns bad listen to these stations for base closures and delays.

Kansas City TV KMBC Channel 9 (ABC) KSHB Channel 41 (NBC) WDAF Channel 4

> **Kansas City** Radio

(FOX)

KBEQ (104.3 FM) KFKF (94.1 FM) KPRS (103.3 FM) WDAF (106.5 FM) KMBZ (980 AM) KDUL (98.1 FM)

Warrensburg Radio KOKO (1450 AM) KCMW (90.9 FM)

KWKJ (98.5 FM)

Clinton Radio KLRQ (96.1 FM) KDKD (1280 AM and 95.3 FM)

Sedalia Radio KDRO (1490 AM) KSIS (1050 AM) KSDL (92.1 FM) KXKX (105.7 FM)

Base members can also tune in to Channel 99 on base, visit https://www.whiteman.af.mil or call the Straight Talk Line at 687-NEWS (6397).

Munitions Drop!

Alaskan Command Public Affairs

ACROSS

- 1 Iam holder
- 4. Federal org. concerned with housing
- 7. Mas' counterpart
- 10. Much
- 12. Boos 14. Portion
- 15. Sample of music
- 16. Spooky
- 17. Push toward
- 18. Afrikaans monkey 20. AIM-7
- 22. Actress
- -Margaret 23. Greek letters
- 24. USN equivalent to SJA
- 27. Air sovereignty mission since 9/11, in short
- 29. Oxidizes
- 33. USAF intel org.
- 34. Educate 37. Culture "dish"
- 38. Fast plane, in short
- 39. Actor Stephen
- AND RED EDS
 - Nov. 25 answers

- 41. Spatters
- 44. Magnetic and true
- 47. Egg _ __; Yuletide bever-
- 48. Deserve
- 49. Mil. duty status, perhaps
- 50. System used to direct some munitions, in short
- 51. Blue color
- 54. ____ the season... 56. MK-20
- 59. AGM-84
- 63. Stuntman Knevel
- 64. Singer John
- 66. Opera highlight
- 67. Package
- 68. Blunders
- 69. Sandwich shop
- 70. Everything
- 71. Affirmative
- 72. Popeye's gal Olive

DOWN

- 1. GBU-31/32
- 2. Away from the wind
- City not built in a day
- 4. Measurement
- Willis movie Death Becomes
- Get up
- 7. Salmon during its first two years of life
- 8. Jason's ship
- 9. Cooking dish
- 11. Repeated 3X for movie on Pearl Harbor
- People Will Talk actress
- 13. Fall mon.
- 14. Chase
- 19. Rope connection
- 21. Retiree's org.
- 24. AGM-158
- 25. Corridor 26. CBU-89
- 28. Make pay

- 10 12 15 16 18 19 23 32 25 26 29 31 33 35 36 38 39 42 45 48 49 55 52 57 58 61 62 63 65 67 70
 - 30. Twinge of pain
 - 31. Nickname for Army individual
 - 32. Croons
 - 35. Co. head
 - 36. AGM-88 42. In a ____; in a bind
 - 43. Eye infection
 - 45. HGM-25As
 - 46. Head covering 52. Votes in favor

- 53. Country Grammar rapper
- 55. WWII aircraft
- 56. Singer McEntire
- 57. Track shape
- 58. Cubicle
- 59. Leaps 60. After school snack
- 61. Greasy
- 62. Wood fastener
- 65. Even



Services Page editor......Poppy Arthurton 509th Services Squadron......687-7929 *No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Outdoor Recreation 687-5565

Overtime rock climbing

There are two opportunities to use the climbing wall at outdoor recreation after normal hours: today and Dec. 16 5:30-9 p.m. The wall will be available for certified climbers to use. A certification class for new climbers will take place 6-8 p.m. on both dates. This is a free activity.

Ice skating

Come along for a fun day out to the Ice Sports Arena in Shawnee, Kan., 10 a.m.-3:30 p.m. Saturday. The trip costs \$10, and participants will need extra money for lunch or snacks.

5th annual Polar Bear Fishing Classic

Join outdoor recreation for the Polar Bear Fishing Classic at the base lake. Fish 10 a.m.-1 p.m. Dec. 10. Prizes will be awarded for the top three fish in over 18 and under 18 age categories. Dress warmly. Hot drinks will be provided at the lake.

Fitness Center 687-5496

Fitness classes

Need a little extra motivation in the gym? Try one of the fitness center's free classes. Taking part with other people will encourage you to push just that bit harder. Classes include pilates, kick-boxing, extreme fitness and spinning. Stop by the fitness center for a schedule.

Food & Fun

Royal Oaks 687-5573

Holiday sale

Eat lunch at the Royal Oaks club house and save 10 percent on pro shop purchases or 50 percent on any pair of shoes in stock. The sale runs through Dec. 23.

Breakfast at the golf club

The Royal Oaks is the perfect venue for those early meetings with great breakfast choices offered 7-10 a.m. daily. The menu includes breakfast sandwiches, burritos and a big breakfast of bacon/ham, eggs, toast and hash browns.

Duffers' Grill

The grill at Royal Oaks is open 11 a.m.-1 p.m. for hot and cold sandwiches with a great choice of meats, cheeses and breads. There's also the daily special, grilled burgers and chicken breast.

Mission's End 687-4422

Sports at Mission's End





Sunday Ticket Football

11am-6pm. Club members only. Giveaways, prizes and a chance II to attend the Super Bowl or Frenzy a Monday Night Football Game!



Hockey at its best **EVERYDAY!!**

Up to 40 non-televised aames weekly

II Plasma Screens and a 24-foot Big Screen

Information and Tickets 687-5565

Entertainment coupon books

Coupon books for Kansas City and Branson, Mo., are now available from tickets and travel. The books cost \$25each and offer great savings and discounts on restaurants, museums and activities. Stop by the new location in the outdoor recreation facility.

Great American race weekend

Discount tickets are available now through Dec. 23 for the Hershey's Kissables 300, Feb. 18, and Daytona 500, Feb. 19. Packages start at \$102.25 with Nextel* Fanzone passes available for \$75. Stop by for more details.

Movie Schedule

Friday
7 p.m. PG-13 In Her Shoes Starring-Cameron Diaz and Toni Collette

Saturday
7 p.m. PG-13
Ton Dunst Elizabeth Town Starring-Orlando Bloom and Kirsten Dunst

Sunday
5 p.m. PG The Gospel Starring-Boris Kodjoe and Idris Elba

> Adults: \$3.50 Children: \$1.75 Movie Recording Line: 687-5110

Movies subject to change due to availability. The both of the both of the both

Community Activities

Arts and Crafts Center 687-5691

Scrapbooking class

Learn new skills and pick up ideas to improve your scrapbook with a class at the arts and crafts center. The class takes place 10 a.m.-noon Tuesday. The cost is \$10 plus supplies. Sign up by noon Monday.

Framing class

Learn to mat and frame your own artwork, photos or crafts at the arts and crafts center. The next class takes place 5-8 p.m. Wednesday. Sign up by Tuesday. The cost is \$25 which includes supplies.

Community Center 687-5617

Simply Stamping

Want a new hobby or just need some inspiration? Join the community center's Simply Stamping club. The club meets 5:30-7:30 p.m. on the first Wednesday of each month. It's free to take part and there is no obligation to

Christmas cards to go

Brighten up a deployed member's Christmas with a homemade card and let them know how much they are appreciated. Bring cards to the community center before Thursday.

Glamour glitz for girls

Moms and daughters can spend some quality time together at the community center's glamourous event, 12-3 p.m. Saturday. Bring along some fancy dress up clothes and props or use the boas, hats and jewelry provided by the community center to transform your daughter for some professional photographs. The cost is \$3, which includes a CD of the photos taken and the copyright. Sign ups are required so contact the community center.

Family Child Care 687-1180

Extended duty care

Register now for for the extended duty care program. It is available to help parents meet child care requirements for extra duty hours and child care emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation. Call for more details.

Free returning home care

Military members returning home from a 30-day or longer deployment are entitled to 16 hours of free child care for each child 12 years old and younger. An application and a copy of orders must be submitted to the family child care office prior to participation.

Child Development Center 687-5588

Drop-in care

The child development center can provide drop-in child care for all ages on a space available basis for \$3

Child care and program places

The Tuesday and Thursday morning developmental

enrichment pre-school program has openings for 3- to 5year-olds. There are also several openings for full-time care for 3- to 5-year-olds. Contact the child development center for more details.

Youth Center 687-5586

Kids' night out Christmas party

Children ages 6-9 years old are invited to the youth center for a special Christmas party. There will be cookie decorating, games, crafts, Bingo and prizes. The fun starts at 6:30 p.m. Dec. 9. The cost is \$7 for members and \$9 for nonmembers. Sign ups start Monday.

Pre-teen scene holiday dance

Dance the night away at the pre-teen scene holiday dance. The dance for 10- to 12-year-olds takes place 6-9 p.m. Dec. 10 at the youth center. The cost is \$3 for members and \$4 for nonmembers.

Teen Center 687-5819

Lock-in

Spend the night with friends with the teen lock-in at the youth center. Starting at 10 p.m. Dec. 9, teens can spend the night playing basketball, watching movies, games, karaoke and team building activities. The cost is \$10 per teen. Sign up by Wednesday. The teen center will be closed Dec. 9 and 10.

Ski and snow-boarding trip

Take a trip to Snow Creek with the teen center for a day's skiing or snowboarding. All experience levels are catered for. The group will leave at 9 a.m. Dec. 27 and spend the night at Fort Leavenworth before returning by 2 p.m. Dec. 28. The trip costs \$20, and extra money will be needed for snacks. Spots are limited so sign up early.

687-6217

Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. Your 3- to 5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Best sellers every month

The library receives new titles monthly in fiction and nonfiction including the children's collections. Sign up for the monthly library newsletter or visit the library Web site to see what's new at www.whitemanafblibrary. org/bs.html. Logon to the Web site and view your account online to renew loans or place holds on items that are currently checked out.

<u>Veterinary Clinic</u> 687-2667

Holiday tips

The Christmas turkey or chicken will leave a lot of tantalizing bones, but don't be tempted to feed them to pets. Beware of steak bones too. Small bones or bone chips can lodge in the throat, stomach and intestinal tract of an animal. This can lead to expensive surgery to save a pet from a life-threatening situation.